

Examination of Conscience

- Do I put God first in my life, others second and myself third?
- Do I earnestly try to grow in my understanding of the faith and to hear God's word?
- Am I wholehearted in accepting the Church's teachings?
- Have I prayed morning and evening?
- When I pray, do I raise my heart to God, or is it a matter of words only?
- Do I keep Sundays holy by taking part in the liturgy?
- Do I prepare myself spiritually for celebration of the Mass?
- Do I acknowledge the presence of Christ in the Blessed Sacrament, in the Word that is proclaimed, in the priest who is celebrant, and in the people of the congregation?
- Do I participate fully, consciously and actively in the Mass?
- Do I support my pastor and other parish leaders, praying for them and working with them?
- Do I recognize Christ in all my fellow parishioners?
- Have I tried to put into practice my resolutions to lead a life patterned after Jesus?

- Am I faithful to in my relationships: to my spouse, my parents, my children, other family members and my friends, my employer and co-workers?
- Do I really love others with a selfless love, thinking of their needs before my own?
- Do I forgive others, even those who don't seek forgiveness?
- Do I see the face of Christ in all people, even those with whom I disagree?
- Do I support the parish with my time, talents and treasure?
- Do I seek the common good?
- Do I share my possessions with those who are less fortunate?
- Do I welcome and love my neighbor, especially the poor, sick, elderly, strangers, or people of other races?
- Does my life reflect the mission I received at confirmation?
- Am I honest in my work and faithful in my promises? Am I truthful and fair?
- Have I had impure thoughts or committed impure actions? Have I viewed pornography or looked at others as objects to please me?
- Have I done violence and injustice to others in word through gossip and willfully try to destroy someone's good name?
- Have I lied, stolen or been envious of others or their possessions?